DIGITAL AGEING
Train your brain

WELCOME TO OUR

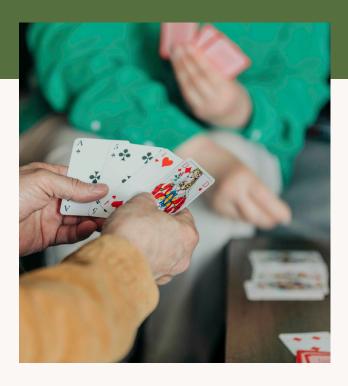# Project Newsletter

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A Project Update

The "Digital Ageing" project aims to bridge the digital divide for elderly individuals less confident with technology. It approaches to fosters inclusivity and improves mental well-being, enhancing quality of life and fostering a more connected society.

The project therefore focuses on keeping older people's skills sharp by developing activities that address four of Howard Gardner's 8 theories of multiple intelligences. The project continues with mathematical intelligence after verbal intelligence.

In this newsletter you will find:

Articles, activities for mathematical int. and more. Keep Reading!

How to develop your skills?

THERE ARE 13 ACTIVITIES

Discover 13 engaging activities developed with insights from focus groups including experts, social workers, and elderly individuals. Along with an introductory video, these activities are useful for everyone, whether for personal use or working with elderly people. Choose the activities that best fit your learning style, setting, and goals. Explore and enhance your skills today!

SEE 13 ACTIVITIES

START from here

TEST YOUR LEVEL

How about testing your mathematical intelligence before checking out the activities? Get to know yourself in just 15 questions.

GO TO TEST

Further reading

READ ON MATHETMATICAL INT.

Would you like to learn more about mathematical intelligence? Explore further by visiting these suggested websites:

DEVELOPING LOGICAL MATHEMATICAL INTELLIGENCE

NUMERICAL INTELLIGENCE: UNLOCKING THE POWER OF MATHEMATICAL THINKING

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